



## **2020 GIRL'S GOLF SUMMER INFORMATION/GOALS**

Welcome to the BlueJay off-season golf program! We will have optional evening driving range/short game sessions at Shoal Creek Golf Course every MONDAY from 5:00 - 6:00 starting JUNE 15th pending on CLAY CO. COVID-19 RESTRICTIONS.

Throughout these summer sessions it is guaranteed to be hot so make sure you bring a water bottle and properly hydrate yourself before the sessions.

During these sessions we will concentrate on our short game (chipping and putting) as well as driving range work.

Make sure in your golf bag you have golf balls, tees, divot repair tool, ball markers/coins, golf towel, sunscreen, rain gear and an alignment stick to be used while on the driving range.

### **Summer session expectations:**

1. Have fun! Golf is already complicated and difficult but when we can learn to practice the correct way as well as have fun doing so, it makes the game AND our team that much better.
2. Practicing with a purpose. We are only practicing for an hour so please devote that hour to getting better. That involves coming with a good attitude and a desire to improve.
3. Getting to know your possible future teammates. Golf is mainly an individual sport, you against the golf course but we are a BlueJay family/team with specific goals in mind to accomplish as players and as a team. Getting to know your teammates allows us to help and encourage each other on and off the course.
4. Respect the course and it's facilities. We are extremely fortunate that Shoal Creek GC allows us to practice there so we want to make sure we are respectful to the workers as well as the course.
5. Dress accordingly. The course does not allow any denim shorts and also requires a collared shirt.
6. Identify your weaknesses and make an effort to improve those weaknesses outside of the Sunday sessions. Also, enhance your strengths as they are just as important as improving upon your weaknesses. Just attending the Sunday sessions does not guarantee that you will become the best golfer possible. Golf requires a lot of practice in order to have success so please continue to practice on your own throughout the summer
7. Try to incorporate a golf specific exercise program into this offseason. Strength training can greatly improve your golf game
8. Leave your phone in your bag unless you need to videotape your swing or call a parent.

### **Take advantage of all of the golf resources out there to help improve your game:**

Play as much golf and competitive golf as possible. KCGA, Youth on Course Program, Jr. Leagues/Tournaments

Take lessons consistently if you are able

Sign up for: Revolution Golf Daily Tips email. A great daily resource with tips and drills to help you improve

### **Coaching staff goals for each player this summer: BE A BLUEJAY!**

DEFINITION OF WHAT A BLUEJAY GOLFER IS:

Be Coachable

Work as hard as you can

Determined AND Committed to being a better golfer

Hold yourself and your teammates Accountable

Be a Great Teammate

Always having an Excellent Attitude

Be Respectful to the course AS WELL AS your coaches

Practicing on your own. Do the little things without excuses that no one else wants to do.